

RURAL FRINGE

Journal of the Hall district

VOLUME 23 ISSUE 4

August 2016

Hall Rotary Club Celebrates a Year of Service

by Yvonne Robson

On 28 June the Rotary Club of Hall hosted their annual Changeover Dinner at Versatile Restaurant. Club members were joined by special guests, partners and friends to celebrate the end of the 2015-16 year, to review achievements and to welcome in the new Board. Past President John Kenworthy welcomed in the new President Paul Tyrrell and his Board that includes Vice President Ralph Southwell, Secretary Vicki Coleman, Treasurer Liz Rodgers, Directors Roger Powell, David Rendell, Clive Badelow, Bill Watson, Janine Linklater, President Elect Yvonne Robson, and John Kenworthy.

President John Kenworthy gave a brief overview of the Club's activities over the past year. The Club spent \$193,500 on projects including a donation to the Snowy Hydro SouthCare Helicopter service of \$50,000, this being the second time the Club has been able to contribute this amount. Donations were also made to the Marymead Mulch programme, to the Abundant Water Project in



L-R: Bob Greeney (Assistant District Governor presenting awards), Tony Tucker (rear), John Kenworthy (front), Phil Robson, Jan Spate, Chris Edwards and Peter O'Clery



Rotarians Bill Pearson and Dennis Greenwood (pictured) and Rotarians Ken Spencer, Rob Durie, David Rendell, Suzanne Carter, Barbara Baike, Chris Edwards, Keith Hodgins, John Kenworthy, Yvonne and Phil Robson cooked 700 sausages and 300 egg and bacon sandwiches on 2 July Election Day at Fraser Primary school. The Rotary Club of Hall volunteer twice a year to cook sausages to assist Fraser Primary School's fundraising.

Laos that implements a purification water scheme into villages and schools, and trade and University of Canberra scholarships of \$41,000, and numerous other donations. All expenditure is funded by the Capital Region Farmers Market. The Market is a community project run by the Rotary Club of Hall, the only rural Rotary Club in the ACT.

The Paul Harris Fellow citation and accompanying medal is awarded by the outgoing President to Rotarians for exemplary service. President Kenworthy awarded Rotarians Peter O'Clery, Tony Howard, Tony Tucker and Chris Edwards. Rotary District 9710 Assistant Governor Bob Greeney presented awards to John Kenworthy and Bill Pearson. This year a Paul Harris Fellow was awarded to two non-Rotarians: Jan Spate in recognition of her 35 years of dedication and care as a vet to the animals of Hall and District and for her empathy and support to

the owners of animals requiring treatment; and to Phil Robson for his extensive and diverse work for the Hall and District Community.

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Training can include how to use a personal computer (PC), a laptop, android tablet (Samsung), iPad or smartphone. Learn how to send an email, attach photos and how to surf the internet.

All training is on a 1:1 basis.

The Hall Kiosk is situated at the Hall school site, for further information and how to book a tutor contact Rod Roberts on 6230 2436.

Broadband for seniors is a Government funded initiative.

Hold the Date: Saturday 22 October

St Michael's Spring Fete from 10am to 2pm. This is always a wonderful family day of games and entertainment for kids young and old, delicious homebaked goodies and handmade crafts, a great bookstall, raffles, and much more. We will again be blessed by the performance of The Victoria Street Brass Band, as well as the Queanbeyan City Pipe Band.



Hall School Museum's Giant Garage Sale held on the old Hall school grounds, as part of the annual National Garage Sale.

Overnight stays at Hall Oval



Tony Morris from the Progress Association meets with Cathy Lee from Canberra Motorhomes and Caravans Association to finalise overnight stays at Hall

The yellow bicycle



Marion Robson is the winner of the famous Southwell Ray White yellow bicycle!



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Vale Arthur Robert Palmer

Bsc., Msc., MACS, ARACI

Arthur Palmer passed away on 9 July aged 88 years. Arthur lived with his family on a hobby farm on Wallaroo Road from 1988 until 2006. Arthur was a brilliant scientist who worked for the International Atomic Energy Agency in Vienna from 1969-72; he was a senior Public Servant reaching Deputy Secretary of the Department of Administrative Services from 1976 to 1986; he was a hobby farmer but most of all Arthur was loving father of 7 and grandfather of 13. May he rest in peace.

Mrs Reynold's Paddock

There's a paddock east of Hall Street that the village walking path threads through. Originally known as Bolton's paddock, it also contains the remnants of one of the three village wells used as community water source in the early days.

After its resumption, as part of the establishment of the Federal Capital Territory, (now Australian Capital Territory), it had several uses but finally derived its name due to its use by a very special lady to many Canberra families.

It became 'Mrs. Reynold's Paddock' to village folk of the era, as it was the home and rest area for her Shetland ponies.

There would not be a child in the fifties, sixties or seventies, who took a pony ride at almost any function in the Canberra district, that did not sit on one of Mrs. Reynold's ponies. A short lady, proportionally matched to the height of her ponies, she was a regular at functions and provided enjoyable entertainment to so many appreciative children.

A bough shed stables and feed shed stood under a large red stringy bark tree at the northern end of the paddock and two small hand dug dams provided water. Only the dams survive today. While under her management, the paddock was well cared for and maintained.

Unfortunately after Mrs. Reynold's passing, the area suffered from overstocking and deteriorated rapidly, so much so that it was closed to agistment. Ground ripping and remedial restoration was undertaken and the area has now regenerated and is part of our local parkland reserves.

So while wandering along our walking track, spare a thought for Mrs. R and her Shetlands who provided so much pleasure and childhood memories for hundreds of Canberra's children.

Ernie, the Echidna's Mate

Hall's future black belts

Congratulations to all those students who passed their June gradings.



Our little karate club is growing and it's great to see regular attendances, good concentration and steady improvement in our students. Gradings recognise students' work and application. It is very pleasing to see all students progressing with their karate.

The results are:

Tuesday night Pee wees and juniors

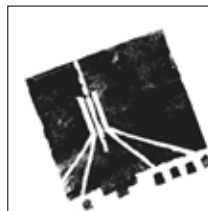
Layla O'Connor	5th kyu
Kevin Shaw	5th kyu
Liam Stanton	6th kyu
Zac Deasey	7th kyu
Eli Herbert	8th kyu
Emily Lomas	8th kyu
Cam Lomas	8th kyu
Sophie Porteous	still to be graded.

Thursday night Pee wees

Jack Rolleston	8th kyu
Sophie Timms-Leach	8th kyu
India Palethorpe	9th kyu
Audrey Black	9th kyu
Cooper Minion	9th kyu
Oliver Mason	9th kyu
Cooper Jenner	9th kyu

Well done, great effort everyone. Keep training to improve your karate and earn more gradings.

Sensei Sam



Coming soon to Hall

CAPITAL WINES is a boutique Canberra District winery owned by Andrew and Marion McEwin. Our winery and vineyard are 4 kms south of the Murrumbateman. We are excited to announce that we plan to open a cellar door at the Hall Village Court, initially operating Thursday to Sunday and public holidays. We are a 5 star James Halliday winery and makers of the acclaimed "The Ministry Series" wine range.

James Raises \$10,000 for Farmers in Drought

by **Lyn and John Anderson**

In 2014 our then 11 year old grandson James Anderson Howell raised \$1,000 for the Buy a Bale drought relief fund. He was then in 5th grade at Radford College and nominated by his teacher Mr Ferrington, he received a Fred Hollows school award. This award is presented to school children from year 3 to 6 for random acts of kindness.

In 2015, as the drought continued so did James enthusiasm. He raised \$2,000 through donations and selling pumpkins grown on the family farm.

This year in 2016 a new goal was reached. \$10,000 was raised and distributed to 4 wonderful causes.

\$6,000 donated to Buy a Bale
\$2,000 donated to Drought Angels
\$1,000 donated to the Hay Run via Sydney Rotary Club.
\$1,000 donated to Blaze Aid.

Blaze Aid is a group of volunteers who donate time and money to country people in need of help rebuild their lives following natural disasters, being flood, fire and drought.

Money was raised by selling dahlias grown in our garden and pumpkins grown in our paddock. Our



pumpkin patch was discovered by a few hungry cows and our crop did not produce the number of pumpkins grown last year. A wonderful farmer, Wille Bugeja from Cowra, donated a van load of pumpkins as did local identities Wes and Liz Kilby. Buckets of pumpkin soup were enjoyed by many people across Canberra and surrounding districts!

Grandfather John picked Dahlias each morning. Twenty bunches plus were taken to Federation Square every day and sold for \$5 per bunch at the Bower Birds and Café Injoy. This proved a huge success and we continued until the first frost when our Dahlias stopped producing.

Jessica Frecklington, a journalist from The Land newspaper interviewed James and an article was written in The Land in April 2016. At this stage \$5000 had been raised. We never dreamed that we would double this amount a couple of months later.

A mini pumpkin festival was held at Federation Square. T on the Square baked pumpkin scones, pumpkin soup and pumpkin pasta. The community climbed on the pumpkin wagon and supported this wonderful cause, none more than Lesley Christian, owner of the Bower Birds and James' aunty.

We hope by supporting James and showing him the importance of caring about people and animals he will continue into his adult years to be a kind, compassionate and caring member of our community.

Who would have thought a 13 year old boy, a vegetable and a flower could fill the tummies of cows and so many hearts with hope!!!!



We are enjoying a season of learning and growth at St Michaels, having celebrated Pentecost a few months ago. While this chilly winter weather covers our gardens with white frost – and even snow the other day! – we celebrate the wonder of the season, albeit with cosy blankets and warm heaters inside St Michaels.

We have been reflecting lately on 'Who is your neighbour?' Scripture tells us to 'Love God and love your neighbour'. So then, who is our neighbour? Well, in this wonderful Hall and district community we are so fortunate to journey together with the parishes of Wattle Park, Uniting and St Francis Xavier, Catholic. There are many events that bring neighbours together: the ANZAC Day and Remembrance Day services, the annual Good Friday walk through the Village of the Stations of the Cross, and the candlelit Christmas Service of Lessons and Carols. In this district, there are many other activities that unite neighbours, ranging from sporting events, historical and cultural endeavours, business groups and school activities to name a few.

Another wonderful shared event is Wattle Park's SongFest. Last winter Wattle Park opened their doors for the inaugural HymnFest, nourishing hearts with hymns and then bellies with the most delicious soup lunch. Wattle Park's hospitality was heartfelt and uplifting. This sparked the desire to share more events with neighbours and paved the way for the first combined churches children's Christmas Nativity Play, performed early last December on Wattle Park's beautiful country grounds, complete with live lambs and a real baby in the manger! The Nativity Play will be on again this December, with our littlest neighbours joining together to celebrate the Christmas season. Stay tuned for more details.

Last year's HymnFest was such a wonderful time of sharing with neighbours, that Wattle Park's doors were again opened, welcoming all to this year's SongFest. Held on Sunday 24 July neighbours joined together raising voices and opening hearts. It may be chilly outside, but the warmth of fellowship inside was enough to nourish us through the winter. What a blessing!

Not much might be growing in the garden at the moment, but the youth at St Michael's have been on their own journey of growth. On Sunday 7 August, this journey will culminate as we proudly celebrate the Confirmation of a number of our youth, as they enter a new phase of their Christian faith. We wish them well and remind them that they never journey alone, but are surrounded by 'neighbours' who will always walk with them.



We also warmly invite all our 'neighbours', far and wide, to St Michael's Spring Fete on Saturday 22 October, from 10am to 2pm. This is always a wonderful family day of games and entertainment for kids young and old, delicious homebaked goodies and handmade crafts, a great bookstall, raffles, and much more. We will again be blessed by the performance of more neighbours, The Victoria Street Brass Band, as well as the Queanbeyan City Pipe Band. Like last year, the Fete day coincides with the Hall School Museum's Giant Garage Sale, held on the old Hall school grounds, as part of the annual National Garage Sale. It's wonderful to be able to share this day with all our neighbours, and we are very grateful to the Hall School Museum.

Neighbours. It's an interesting concept. Not restricted by geography, although neighbourhood is important. Not limited by shared interests in sport, history or business, although sharing is important. Not bound by faith, although a faith community is important. Perhaps the concept of 'neighbour' invites us to grow, especially on the chilliest of winter days!

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Your neighbour at St Michael & All Angels,
Angie Hazlehurst



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Supported by DUO, a leading provider of personal, home and community support services in and around Canberra, apprentice Brandt Coombs is tutored each Tuesday by John and Brian Gerstenberg at the Men's Shed in Hall and gaining experience making a mosaic coffee table and carrying out various wood-working tasks under our supervision. The intention of our understanding with DUO is to help socialise a handicapped person and at the same time boost their confidence to undertake a job of work. As time passes it is hoped we can introduce others to the Men's Shed for the same purpose. We have a few dedicated members who are willing to undertake this worthwhile project and with time perhaps others will join in. It can be very rewarding for all concerned.

Meanwhile the Men's Shed continues to attract gentlemen from far and near. The fifth AGM of the Hall Men's Shed was held on 23 June with Alan Boyd once again re elected to the position of President / Foreman.



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25 Years of the Hall Bushrangers

rugby

Nigel Page

President



The ACT-VETs and the Bushrangers with the BUSHED-VETS Cup.

The Hall Bushrangers have had a very positive 2016 to date, with a Minor Premiership in first grade within grasp in the 25th season of the club.

Starting with a strong pre-season training at Hall Oval during the summer months, the continued commitment, courage and skill of the playing group, combined with a professional support team and committee has been reflected in a strong showing in the newly combined ACTRU and Monaro division competition this season.

Keen to promote the credentials of the Club and its focus on positive, attractive rugby to the wider ACT Rugby community, the first grade squad have managed to lead the competition all season, including defeating keen rivals, Goulburn, at the hallowed Hall Oval in one of the best games of the season. This has resulted in the team remaining undefeated at our home ground to date.

The Club's reserve grade side has also had many strong games this year as it blends new faces into the culture of the Bushrangers. With some exciting new talent and a record number of registered players, the future of the Club on the field is looking healthy indeed.

With the addition of a few new players combined with our club stalwarts and legends, First Grade Captain Joel Williams and Club Captain Andrew McCoola we hope that our quest for our first grade premiership in the Club's 25th year is successful.

The Club is very proud to represent Hall Village. With strong ties to the Village through a number of players, we are committed to representing the Village

in a positive way both on and off the field. With the support of a number of local businesses in Hall through sponsorship, we have continued our strong engagement with the local community.

One of our short term goals is to ensure that appropriate amenities are provided for players, supporters and visiting teams who play at the Hall Oval. It is an ongoing issue that really needs to be addressed soon, so that the Village and the Club have appropriate facilities which are sympathetic to the Village and provide much needed shelter, warmth and respect the privacy and dignity of people playing at the oval.

We hope the the Villagers of Hall and surrounding district will get behind the Bushrangers on our quest for the premiership in our 25th year. You can rest assured that our Club has a lot of pride in the Village and we embrace the challenge ahead as we enter the finals series in August. We hope that you will come out and support your team.

As part of our 25 year celebration day on the 2nd of July The Hall Bushrangers and the ACT Veterans Rugby were very proud to be able support David Champion (who suffers from autism spectrum disorder and he has been having a run with the Bushrangers whenever he gets the chance) by making a donation to help him prepare to represent Australia at the Special Olympics World Winter Games in Austria next year.

Please visit and like our Facebook page: The Hall Bushrangers R.F.C or check out our web page: www.hallbushrangers.com.au

It's not unusual to avoid the garden at this time of the year. It's cold, and I mean to the bone cold and this winter seems colder than most.

But many plants continue to grow and change during these cold months, contrary to the belief that everything is dormant. People do hibernate but the garden doesn't have that luxury so it may as well get on with it.

I have Naked ladies (Belladonna Lillies) sending up their glorious strappy green foliage, they were given to me by a very special person who is no longer with us, and I treasure their arrival every year, although to this point they have not flowered as the bulb can take up to 6 years to flower after been moved.

I also have hundreds of bulbs daring to bare their foliage up through the lucern into the freezing winter air.

Now is a great time to plant trees, they are dormant and you can buy bare rooted trees allowing you to buy a bigger plant for a cheaper price as you are not paying for the pot, potting mixture and labour. Those new to gardening can be a little confronted by the techniques involved and many graphics have been drawn to provide examples of how it is done. But it is not complicated, requires very little muscle and the tree may be staked if in doubt of its stability. The main thing to consider is the graft, most exotic trees are now grafted, displaying a 'lump' at the base of the tree but above the roots. This graft must sit above the soil profile if you don't and the graft sits under the soil profile the tree may die or produce 'suckers' from the root stock which while are related to the tree above often look nothing like the tree you have purchased.

It is also the optimum time to do soil preparation. Well dug soil is the perfect prep for garden beds. The digging allows air and moisture into the soil and at



this point you can also add soil conditioners such as wetting agents, water crystals, gypsum as a clay breaker and lime. I used to think these additives were a waste of time but they really work and make establishment for the plants easier and faster. I like to add the conditioners to the whole bed but some folk like to add them to the bottom of the plant hole with the rationale that they are more easily accessible to the plant. I would like to suggest that either way you are benefiting the plant and increasing its opportunity to grow and thrive.

Once the soil is dug and additives added I also love to mix manure preferably sheep or cattle because there are less weed seeds. (The method in my madness is to reduce my weeding) Then I like to top the whole lot with lucern hay. This combo can then sit for as long as you like, even months, the worms will move in, some weeds will germinate and the moisture will penetrate deep into the soil profile. With the weed seeds that do germinate, they can either be easily pulled out or sprayed as you don't have other plants around to worry about. When you are ready to plant you have a perfect garden bed, easy to dig and full of nutrients and moisture.

It's also a great time to be scouring through your rose catalogue and ordering your new favourites, with so many wonderful roses it can be difficult to choose. My favourite rose is Climbing Crepsecule, it has an amazing multi petalled flowers in a bronze/orange tone. Not the most fragrant rose nor the easiest to pick, but just simply a divine specimen to have in the garden.

BEAUTIFUL GARDENS

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WINTER JOBS

1. Cut down chrysanthemums.
2. Divide, replant herbaceous perennials, apply compost to beds.
3. Begin pruning roses.
4. Prune grapevines and ornamental trees and shrubs.
5. Move cymbidium orchids into light position as flower spikes develop.
6. Replant healthy layered pieces of herbs that have died off in the centre.
7. Plant perennials, roses and bare-rooted (deciduous) trees and shrubs.
8. Plant strawberries.
9. This is a great time to re-assess the garden to consider which plants need to be moved, altered or improved.
10. Prune wisteria for better flowering.
11. Prune topiary plants to maintain shape and style.
12. Prune hydrangeas.
13. Potted cyclamen should be placed outdoors overnight.
14. Thin climbing roses as needed.
15. Take stock of your garden equipment- clean oil and sharpen garden tools and rub handles with linseed oil, service the lawnmower.
16. Cut back spent Banksia, epacris blooms.

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Hall on the winning team at the Kanga Cup!

Hall was proudly represented in July in the Kanga Cup by footballers Jaycob Shea and Atticus Mansfield. Jaycob has played for the U13s Belconnen United Football Club for the past two years. He has recently been chosen to represent U12s ACT school boys travelling to Perth in August to play in the national competition. In the first week of the school holidays, Jaycob represented his Belconnen team at the Kanga Cup competition. They went through undefeated, winning the grand final with a penalty shoot out. Jaycob's efforts were rewarded by receiving an award for being the highest goal scorer in the team for the week.

The Kanga Cup is the largest International Youth Football Tournament in the Southern Hemisphere. Held annually each July in Canberra, Australia, the week long event proudly champions the mission of Uniting the Youth of the World through Football. The Kanga Cup is run by Capital Football, the governing body for football in Canberra. The tournament is sanctioned by the Football Federation Australia and the Asian Football Confederation.



Atticus Mansfield in the Kanga Cup



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Wallaroo Artist Sian Watson

by **Victoria Karabin**

Sian Watson is an emerging artist from Wallaroo who graduated from the Australian National University in 2015 with a Bachelor of Visual Arts Honors (First Class) and is currently completing a Bachelor of Arts.

Last year she received a number of awards as part of the Emerging Artist Support Scheme and is currently undertaking residencies at Canberra Grammar School and Strathnairn Arts with a number of exhibitions coming up. One of the awards she received was the Margaret Munro Mentorship Award, which was given to three people and provides her and the other recipients with lots of contact with the mentor and also an exhibition.

"The amount of awards that I walked away with was just ridiculous and they're really important in the art community because they establish a grounding and a definite appreciation of your practice," she said.

Sian says the awards she received has done a lot for her career as it has pushed her to develop new work and she has an exhibition nearly every month this year. "It's provided me with opportunities that I wouldn't necessarily have had and experiences, like showing up in Sydney [at M Contemporary] that would have taken me ages to put an application in to show outside of Canberra," said Sian.

When creating artwork Sian gets her inspiration from her upbringing on a property and from her experience with working in a vet clinic. "I have these recurring themes of life and death and the process of time. So that includes things like deterioration, and I feel like I draw upon them and sort of infuse them into my work," she says.

"With my dog sculptures they're very much energetic in the pose that they're holding but the physical appearance is decrepit, emaciated and death like. I

suppose a lot of people find them a little bit creepy in that sense."

Another thing that she looks at when creating art, especially with her large horses, was the way that an animal decays. "So you see the dead kangaroos on the side of the road and you get that tautness of the skin across the bones and then those wrinkles and sags as the skin slumps as everything disintegrates," she says.



Sian has spent time studying overseas in Japan, Indonesia and Vietnam and says that her time abroad has influenced some of her artwork, especially with her large horse sculptures.



"The reason they have teats, is because when I was in Indonesia I was in this really remote tiny village in the middle of nowhere talking to this guy and we were talking about our lives and doing a bit of a comparison to what I was experiencing here in his home compared to where I live in Australia. I was telling him about horses, I had six at the time, and he just couldn't understand why I owned so many large animals ... he

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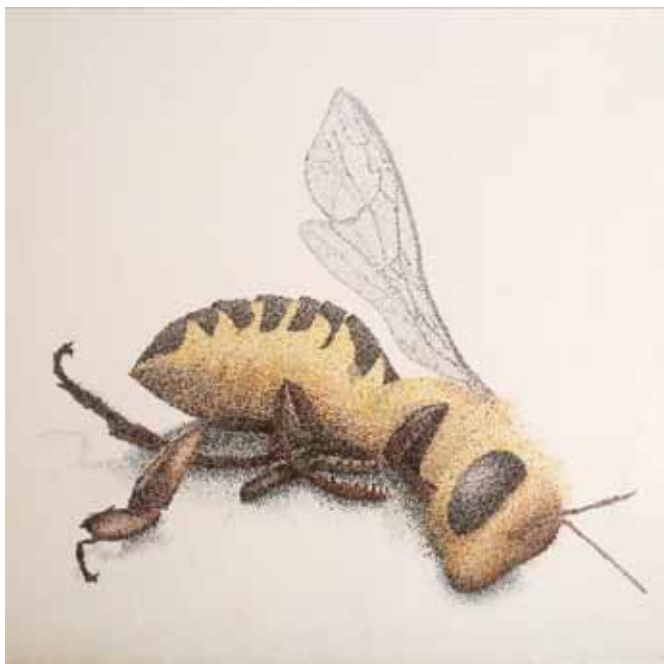
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couldn't understand why I owned so many and what their purpose was, so he thought I was milking them and that's why they have so many teats. I found that really comical."

"The work is titled Drongo, which I love because it's such an Australian word but I'm asking is he the drongo or am I? It's that cultural perception and understanding of animals that I found so interesting, particularly after going to Vietnam and doing study over there. Those cultural understandings and



relationships and then those values that we have towards animals, and how that differs between cultures, is something that really interests me and I will draw upon that again in the future."

Sian's next exhibition is a group show supported by the Emerging Artist Support Scheme conducted by the ANU and Strathnairn. It will be at the Strathnairn Gallery, 90 Stockdill Drive, Holt on August 11th.

Keep up to date with Sian's artwork and exhibitions by following her Facebook page 'Sian Watson – Artist', her Instagram [sian_watson_](#) or her website www.sianwatson.com.au.



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who share the ideals of the founding Legatees. We are dedicated to the care of the dependents of Australia's servicemen and women who have died in the service of their country or subsequently as a result of that service.

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Desexing dogs: health benefits

by **Pauline Murphy**

Desexing dogs is compulsory in the ACT* unless you have a permit to keep your pet entire. If you do not intend to breed from your dog surgical desexing has undoubted advantages both in the male and the female. In the male dog it removes the sexual urge so that if the dog gets the scent of a bitch in oestrus he is unlikely to show any interest, which curtails their urge to roam; reduces territorial urine marking and reduces the risk of prostate disease. Desexing the bitch minimises the risk of mammary cancer; prevents pyometra (a life-threatening inflammation of the uterus); prevents oestrus (heat) as well as breeding. She will not come into heat and therefore will not have to be confined and deprived of her usual exercise and companionship. Bitches on heat often surprise their owners with their determined and often successful attempts to escape to be mated.



Desexing reduces the risk of prostate disease

Owners are often tempted to have at least one litter from a bitch. There appears to be a general misconception that having a litter will improve temperament. There is no scientific evidence to support this theory. Another common fallacy is that the desexed dog loses character. Often dogs will become more gentle but they lose neither their spirit nor their intelligence and provided they are not allowed

to become obese are just as active as the entire counterpart. Therefore there are more advantages and fewer disadvantages to having your dog desexed.

***NOTE:** In NSW it is not compulsory to have your cat or dog desexed, unless it is a restricted dog or a declared dangerous or a menacing dog, however, as mentioned above there are many benefits in doing so.



Desexing reduces the risk of mammary cancer



Desexing reduces the risk of testicular cancer



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Desexing reduces the dogs roaming for sexual reasons

Red, Dry And Irritated Skin

Winter often brings with it an increase in inflammatory skin conditions such as Rosacea, Eczema and Dermatitis. This article will focus on Rosacea which is a skin condition that we find many clients struggle to manage.

Rosacea is a condition of the skin in which the skin turns red very easily, known as flushing. This may result in distended capillaries called telangiectasia (or a couperose skin). Often referred to as acne rosacea or adult acne, rosacea is the more frequently preferred name. Even though rosacea may cause acne-like pimples and pustules, the actual disorder is vascular.

Rosacea normally affects people over 30 years of age and is most prominent in light-skinned persons of Irish, Celtic or western European origin. The sudden rushing of blood to the face can stimulate sebaceous glands and irritate follicles, causing large red papules to form on the cheeks, nose and chin areas. Rosacea may first appear as chronically red cheeks or nose. Clients may notice skin flushing when drinking wine or eating spicy foods and are more likely to redden if they feel hot. Anything that causes vasodilation can cause a flare of rosacea.

There is no known cure for rosacea, but it can be managed and kept under control with assistance from both a dermatologist and an esthetician. Medical treatment may involve oral antibiotics and/or topical creams to reduce flares. Your esthetician

can also assist by providing products that will not cause stimulated blood flow, will treat the skin gently, are not comedogenic and that have been tested and documented to prevent clogged pores or follicle irritation. Management of the clients lifestyle is also discussed in order to avoid rosacea flares.

Geranium House offers a number of treatments and para medical ranges such as Cosmedix, Aspect and Skin Medica, that offer both in house and home solutions for managing rosacea concerns. If you are currently suffering from rosacea or impaired barrier function which results in dry and overly sensitized skin, know that solutions exist to assist in alleviating these concerns.

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Dementia – prevention is the key

by **Anita Kilby** Naturopath

We hear about dementia all the time in the media, and with good reason. Dementia incidence is increasing with over 354,000 Australians currently living with dementia. Numbers are expected to increase to around 900,000 by 2050. It affects about 25,000 under the age of 65, some as young as 30. About 10% of over 65s and 30% of over 85s are affected. Dementia is the second leading cause of death, and there is currently no cure. Alzheimer's disease is the most common form, but it is associated with many diseases.

That all sounds dire, but there is hope. Whilst there is no effective medication for dementia, there continues to be wide ranging research into the causes and possible preventative strategies. Alzheimer's Australia has a wonderful website outlining the steps you can take to reduce your dementia risk – yourbrainmatters.org.au

Their basic 5 steps to take are:

1. Look after your heart – what's good for your heart is good for your brain
2. Do some kind of physical activity – do something physical most days of the week, it's never too late to start
3. Mentally challenge your brain – learn something new, or try a brain training app
4. Follow a healthy diet – what you eat will affect your brain health
5. Enjoy social activity – its stimulating for the brain

A very encouraging 2014 UCLA study, albeit very small, looked at the effect of a range of interventions on progressive memory decline. The underlying theory was that by addressing the range of dementia associated factors with a range of therapies you might see greater improvements than by implementing a single therapy, the usual focus of studies. Each participant undertook 12-14 changes to lifestyle factors, such as ensuring at least 8 hours sleep every night, increased consumption of fruit and vegetables, reducing simple carbohydrates (sugars) and processed foods, regular exercise, having 12 hours between dinner and breakfast and 3 hours between dinner and sleep, brain challenge exercises, reducing stress, and checking a variety of blood markers and taking steps to normalise those markers.

The results of the study were remarkable. 9 of the 10 participants reported either improvements or a return of normal memory function; enabling several to return to work. The only participant to continue to decline was a late stage Alzheimer's patient. The other 9 participants were in early stage Alzheimer's or had mild or subjective cognitive impairment. This suggests that implementing such lifestyle improvements early on can slow down or reverse cognitive decline. This was

the first study of this type for dementia, so it's early days yet, but it gives us a direction for possible effective strategies to implement now while we wait for more research to be done.

There are many herbal/ food treatments that have shown promise in improving cognitive ability. Turmeric has been shown to have neuro-protective effects and the ability to reduce the amyloid plaques that are characteristic of Alzheimer's. Coconut oil is a bit more controversial but there is evidence it produces quick improvements with small doses. Other plants with potential to improve dementia include cocoa, sage, ginkgo, lemon balm and saffron.

September is Dementia Awareness month - you'll be hearing a fair bit more about dementia very soon! I'll be posting more details on my website too – hallnaturaltherapies.com.au

Statistics from Alzheimer's Australia. Study references available.



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Election Season: Notice of Annual General Meetings!

Annual General Meeting of the Village of Hall and District Progress Association

will be held on
Tuesday 16 August
at 8pm
in the Pavilion.

This is also an opportunity to renew your membership with the Association. The Association promotes the interests of Hall and district community members. While the Association is incorporated in the ACT, the Hall district extends across the border towards Murrumbateman and Gundaroo, and down to the Murrumbidgee River. Membership fees go to Association projects including the running of the Pavilion, and the Heritage Centre and Men's Shed operating on the Hall Primary School site.

The Progress Association has been part of this community for more than a hundred years, and is believed to be the oldest community association in the ACT. It has a long and proud history of representing the needs and interests of the community and is recognised by government for its capacity to represent the village and district.

Membership is \$10 a year for individuals and \$20 a year for affiliated organisations. Membership renewal can be made by transfer to BSB: 062919 Acct: 0092 5470 Village of Hall and District Progress Association, or on the night.

Any queries please contact Brenton Philp, Secretary on 0439 988 110 or at info@hall.act.au.

Hall School Museum and Heritage Centre Annual General Meeting

Will take place on
THURSDAY 11 AUGUST
at 10am
at the Museum

**Guest Speaker, local historian
Dr Jill Waterhouse**

Members are asked to bring a plate of cakes/ biscuits to share over a celebratory glass of bubbly.

For most of us our annual subscription of \$20.00 will now be due (\$10.00 to the Museum & \$10.00 to the Hall & District Progress Association our parent body)

Subscription can be paid on the day, by direct deposit or by mail to PO Box 43, HALL ACT 2618

More information and membership forms are available at <http://www.hall.act.au/about.html>.



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As advertised in this edition, at 8pm on Tuesday 16 August in the Hall Pavilion the Association will hold its Annual General Meeting. It will be an opportunity to reflect on the last 12 months and set course for the next 12.



and no doubt will continue to in the future. I've greatly valued their support and guidance for me as President.

Brenton Philp, and before him Bob Richardson, have also been wonderful as Secretary.

This year (and indeed the past several) has seen settling the formal licenses with the ACT Government for occupancy of the Hall Primary School site and the Hall Pavilion as a big focus for the Committee. The many ups and downs, circles and road blocks experienced on this journey have been well documented in these pages since the School closed almost a decade ago. It's fair to say this has taken a lot longer than we'd hoped and proven a big distraction from other things Committee members could have been involved in.

Two other special mentions: Phil Robson for his extraordinary dedication, vision and leadership of the Friends of the Museum, which continues to build a cultural asset of national significance; and, Jo Hall, for her amazing stewardship and tireless efforts as editor of the Rural Fringe, a best-in-class community journal of record.

On the other hand, the various groups and activities operating under the auspices of the Association have gone from strength to strength – the Friends of the Hall Museum, the Men's Shed, the Collectors Club and indeed the Rural Fringe itself. The Association provides an umbrella for the great things community members want to pursue.

Like Tony, Rod, Bob, Brenton, Phil, Jo and many, many others, I'm pleased to have been able to make a contribution to community life. Our Village and District is a special place, in part because so many people care about it and give their time and expertise to make it so.

But, with the license issues resolved, it will be wonderful for the Committee and other interested members of the Association to be able to engage on, and provide support for, some new things.

So, if you've got ideas and energy, and would like to be involved in projects or activities to advance the interests of our special community, I look forward to seeing you on the evening of the 16th.

Of course, an AGM also involves election of a new Committee and office bearers.

Signing off.

David Hazlehurst
President

For me, and for Tony Morris, Vice-President, and Rod Barnes, Treasurer, it will be time to pass on these responsibilities to others. Our Constitution limits to three years the number of consecutive terms someone can serve in any particular position. Both Tony and Rod have performed great service to the community over the past three years (and many more before that!),



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Fireweed Alert!

The Friends of Grasslands group has released an alert that fireweed is at large across the ACT, as well as in much of eastern NSW. Canberrans are again urged to report infestations of the pest plant Madagascan Fireweed (*Senecio madagascariensis*). Infestations have previously been detected in Forde, Franklin, Chisholm, Casey, Lyneham, Crace and Coombs on public and private land.

Fireweed is very toxic to horses and cattle causing irreversible liver damage, with horses being the most susceptible. Death can occur up to six months after initial poisoning.

It is important that we control Fireweed in ACT, and also in NSW where possible. It is a Class 3 Noxious

Weed (must be fully and continuously suppressed and destroyed) widely across SE NSW too.

Make sure you know it when you see it! Fireweed has daisy-like bright yellow flowers that usually have 13 petals. Plants can produce thousands of viable seeds, which are fluffy and wind-borne.

To pull Fireweed out by hand, first enclose the plant with a strong plastic bag to prevent mature seeds bursting out and flying away. Wear gloves to avoid skin irritation. Double-bag the weed and dispose of the bag with your regular rubbish (NOT in the recycled or green waste). Do NOT spray it with glyphosate.

Madagascan Fireweed sightings should be reported to Access Canberra on 13 22 81 or emailed to fireweed@act.gov.au. Please take note of the exact location and include a photo of the plant for confirmation.



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Canberra trucks cross ACT border to exploit loophole in NSW laws

July 7 2016 John Thistleton

The following story is reproduced with kind permission of The Canberra Times. It appears this major issue for our district has been going on for years. Residents are concerned for their roads, their safety and the environmental and polluting effects of this poorly enforced 'loophole'.

Landholders along the ACT border roads want Yass Valley Council to enforce planning regulations before a growing number of Canberra haulage trucks hit children getting off school buses.

"If something happens it will be an absolute disaster," says activist Geoff Gorrie. President of the Mount Spring Association. He says the council's engineering and planning chiefs must deal with "Canberra trucking companies destroying community roads".



Geoff Gorrie says the council must deal with "Canberra trucking companies destroying community roads". Photo: Rohan Thomson

The council says truck companies are exploiting a loophole in the law, but Mr Gorrie wants tighter policing of the trucks.

"They are not supposed to be operating in certain hours to avoid school buses. People out here have photos showing kids coming off buses and trucks careering by," he said.

Mr Gorrie said Spring Range, Nanima, Wallaroo, Carrington, Murrumbateman and Dog Trap roads are crumbling under a surge in trucks over the past three years.

"We would like to see the council build a truck parking area. They did a study and their figures are overblown, something like \$2 million to put in a truck parking area. That is a huge amount of money."

Mr Gorrie says even though the trucks are not meant to be carrying loads onto the rural roads, they finish a shift and bring home a load of clean, or dirty fill, and dump it on their property.

"You can see it on the hill sides, these dimples where an individual truck load has been dumped," he said.

Yass Valley Council director of planning and environmental services Chris Berry said complaints had come from Sutton through to Mount Spring, of trucks using a loophole in NSW legislation which allows 600 mm of fill to be dumped on a property without approval.

Mr Berry said the truck parking proposal, with access to the Barton Highway, would need appropriate pavement strength for turning vehicles, security, lighting, fencing, and automatic gates. It would cost about \$1.5 million and was too expensive.

"We can't regulate them, they are driving on public roads. Because they are not regulated we can't apply any of our haulage route development contributions," Mr Berry said.

Truck operators were moving out of Canberra's urban areas because of complaints, and wanted to isolate themselves from neighbours. "So a rural residential property on the NSW side of the border is very attractive for them," Mr Berry said.

Problems arose when truck owners moved their family on to a rural block and did not lodge a development application to run their business from home.

"In the Mount Spring area, we are trying to ensure people have an appropriate approval, we try to limit approvals, to balance lifestyle purposes and people who try to run a business from home," he said..

"Yes, we know they can damage roads, and yes, we know they can be a bit of a concern to other ratepayers driving light vehicles.

"They can be intimidating when you come across them when you are driving the family sedan," Mr Berry said.

The Canberra Times

DARRALEE QUARRY



Darralee Quarry has recently been re-opened. It was one of the RTA's main sources of road base for many years.

Supply and/or delivery of Road Base to suit gravel roads

**Contact Paul on (02) 4845 8288
or paulwyer@fertsread.com**

Visitors

Despite the cooler weather the number of group visits continues to grow and the Museum volunteers have been very busy keeping up with the demand. There are a number of forward bookings already scheduled over the next few months.

University of Canberra Students

As a result of the University of Canberra's first year 'Museum Conservation and Heritage students to having their annual workshop at the Museum. There has been interest from students wishing to volunteer to assist with the work at the museum. The first volunteer is Eleanor Wlikinson who is a keen young student particularly interested in our indigenous collection.

The Museum was also approached by a third year Museum Practice and Conservation student Hamid Al Saad for the museum to host a 6 month internship for a project he wished to do on our important indigenous artefacts. The Museum was happy to support Hamid and his request was endorsed by the University of Canberra. Our resident archeologist Ken Heffernan has kindly offered to assist with Hamid's plan of work and supervise his progress. This is a great achievement for the Museum and it gives it recognition as a teaching and research facility.

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Dishwasher.

Many thanks to Sonny Pirotta, John Gerstenberg and his son and Brian Banyard for the kind donation and installation of a dishwasher into the kitchen in the top building. This will make life easier when we have group visits and other functions when we need to wash up large numbers of cutlery and crockery.

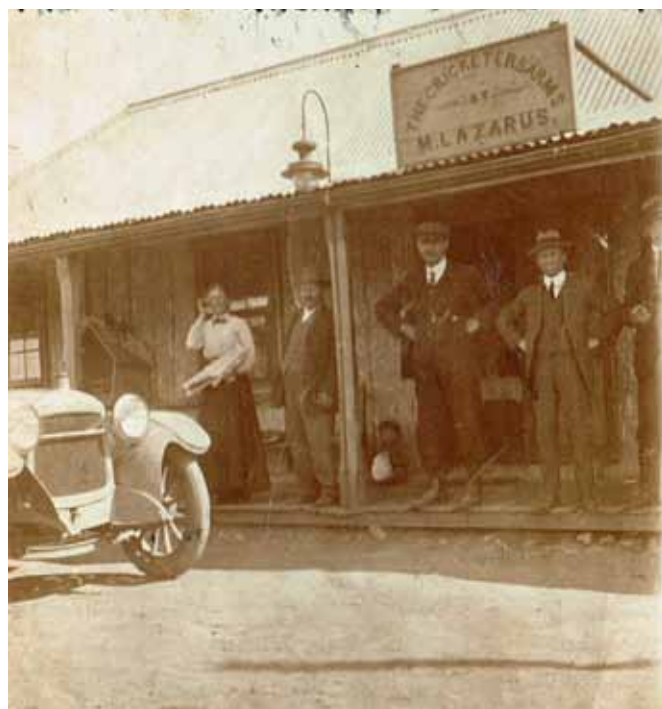
Shelving

Dexion shelving has been installed in the Gillespie room to house some of the many boxes of artefacts and books. The shelving will make access and sorting of the boxes much easier to manage. The funding for the shelving was a part of the 2015-16 ACT Heritage Grant.

Donations and Photographs

There have been a number of donations in the last few months including books presented to his grandson by Charles Thompson. Many thanks to Julie Beaver for this donation. Each book is suitably inscribed with words from Charles. The books will join the school's fine collection of Charles Thompson items.

Many thanks also to Helen and Marion Warman who have kindly donated items and made available for copying some early photographs relating to the Hatch and Lazarus Families. These treasures that appear from time to time greatly add to the historical collection that the Museum holds and can make available for viewing and research.



Morris (Mon) & Margaret (Doll) Lazarus (nee Hatch) with baby Jack at the front of the Cricketers' Arms Hotel



Wallaroo locals Gino and Robyn Monteleone have been celebrating after receiving a trifecta of awards for their business Select Custom Joinery and their staff.

Select Custom Joinery received a Judges Commendation in the highly sought after Kitchens Category of the 2016 Master Builders & CBUS Excellence in Building Awards; their 6th award in six years.

Prior to the MBA Awards, the business' 3rd year apprentice Tom Bingley was awarded a Judges Commendation for his entry in the FIAA Apprentice of the Year Awards 2016. And late last year, 4th year apprentice, now tradesman, Craig Jones won the local World Skills Cabinet Making competition and is off to the Nationals in Melbourne later this year.

"We have a great team who are very skilled and dedicated to creating high quality furniture and joinery," said Gino Monteleone a cabinet maker with 28 years experience.

"It's quite a learning curve to learn the trade in our small workshop. Working with timber means it is important to always be thinking about how the timber

will move over time and the challenge is to design and build with that forethought.

"Even after working with timber my whole career, there is still more to learn."

Gino and Robyn are delighted with their Judges Commendation in the Kitchens Category as their "little timber kitchen" was competing against many larger and glossier kitchens of other well-known kitchen designers.

Two other Select Custom Joinery kitchens were finalists in the MBA Awards.

Select Custom Joinery is a small boutique cabinet making business specialising in using timber and bamboo to build solid kitchens, joinery and furniture using traditional furniture making techniques – www.selectcustomjoinery.com.au





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Please Slow Down for my Horse

by **Victoria Karabin**

Horses are permitted to be ridden on the road under the Australian Road Rules however, many drivers do not treat horses and riders with the respect that they need in order to stay safe.

In the Hall/Wallaroo region there are many horse riders and we are very lucky to have some amazing areas to ride, including the roads. Sadly, riding along the road can become quite dangerous with cars and trucks not slowing down and moving over when passing. As riders we try to stay to the side of the road however this isn't always possible.

Please keep the following information in mind when passing a horse and rider along the road. Horses are unpredictable so be sure to treat them that way. While they might look calm as you approach them they could suddenly be spooked by your vehicle, especially if it is noisy or has a trailer attached.

When passing the horse slow down and move over to give them plenty of room, if another car is approaching



from the other direction slow down or stop until it is safe to pass widely. Please listen to what the rider is telling you if the horse is distressed as they know how best to

calm the horse. If they ask you to stop or slow down, do so.

Do not honk your horn, rev your engine or make any other unnecessary noises near the horse as it may spook them. Never throw objects at or near the horse or rider and do not shout at them.

Thank you to everyone who makes the effort to keep us safe along the road, it is so wonderful to live in a community where so many people are respectful of riders and their horses.

editorial From the editor

With the Federal elections in Australia, the Brexit vote in the UK, the US presidential elections and the upcoming ACT election, we are reminded every day of our democratic right and responsibility to have a say in who leads us and how we feel about issues important to us. We could discuss long and hard the imperfections of these processes. For example if voting were compulsory in the US or the UK as it is in Australia, the results of the US elections or the Brexit referendum may be quite different than under their current systems. Flawed as the systems may be, democracy is the only viable option out there just now and I urge everyone to take an interest in the upcoming annual general meetings in Hall. David's strong presidency of the Village of Hall and District Progress Association is up in August, and we again need strong leadership to address some of the issues facing Hall and the district. Industrial scale dumping of building waste by trucks on our rural properties is one such problematic issue reported in this and previous issues of the Rural Fringe.

A special thanks to Bill Pearson, guest layout artist for this edition of the Rural Fringe. Thanks also for others who have given their assistance with putting together our community newsletter. Keep the help coming!

Until next time

Jo Hall

The Rural Fringe – ISSN: 1329-3893

The Rural Fringe is a community newspaper published in 600 copies every second month by the Village of Hall and District Progress Association Inc (VHDPA) and distributed free to mailboxes of the 2618 postcode. It is also available online at www.hall.act.au This publication is funded by the advertisements so readers are encouraged to support the businesses advertised.

Contributions

Everyone is welcome and encouraged to contribute to this publication, particularly local community groups, however it is at the discretion of the Editor as to whether submitted articles are published or not.

These deadlines ensure publication by the 10th of every second month.

February issue deadline is	10 January
April issue deadline is	10 March
June issue deadline is	10 May
August issue deadline is	10 July
October issue deadline is	10 September
December issue deadline is	10 November

It is the policy of the VHDPA that articles which are dominantly about the profit making activity of any group or individual can only be accepted for publication if the same issue carrying the article has a paying advertisement of similar size.

Contributions to ruralfringe@hotmail.com or PO Box 43 Hall ACT 2618.

Advertising rates (per issue)

large (quarter page)	\$80
medium (eighth page)	\$40
small (three sixteenth page)	\$30

Other information

Editor: Jo Hall

Sub-editor: Bob Richardson

Enquiries to the Sub-editor on 0407 071 245 or ruralfringe@hotmail.com

The views expressed in this journal do not necessarily reflect those of the Editor, the Sub-editor or the VHDPA.

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Hall Rain

Scenes of our wet and windy Hall, thanks to Paul Porteus



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Kim Happy Bday | 19th August
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WINNER EMPLOYEE OF THE MONTH

Ben James, Congratulations!

Ben is a very motivated, resourceful and responsible young man, with a winning personality. Come in and meet Ben who is here most weekends on the grill or pouring coffee. Thanks to Ben for all his hard work.

**Customers please vote for the employee of the month July and August.*

WINNER EMPLOYEE OF THE MONTH

Kim Elphick, Congratulations!

Kim is a valuable member of our team and we really appreciate her hard work. Kim loves to cook and she comes up with some great creations. Come in and have a chat with She's in most Wednesdays and Thursdays.

**Customers please vote for the employee of the month July and August.*

RECIPE OF THE MONTH

Email or drop in your entry for your favourite **cake, muffin or slice** recipe and go in the draw to win a

DOUBLE PASS TO DENDY CINEMA

We will endeavor to make each recipe received. The winning recipe will be in the cake cabinet named after the winner each week in the month of October.

cafe@halldaughters.com.au

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